

## ABSTRACT OF THE DISCLOSURE

By the control information recording method, control information to control at least one of recording and reproducing operations of record information on an information record medium is recorded onto a guide track of the information record medium. The control information recording method is provided with the steps of: generating a control information timing signal one after another at an interval corresponding to a length of a control information unit equal to an  $N$  ( $N$ : predetermined integer not less than 2) multiple of a length of a record information unit of the record information; and recording the control information onto the guide track of the information record medium, on the basis of a timing corresponding to the control information timing signal.